

WARREN SENTINEL



"Jolly Rogers"

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Volume 65, Issue 3

F. E. Warren Air Force Base, Wyo.

Jan. 20, 2006

Stop smoking

New way to view habit **2**

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INSPECTION READY

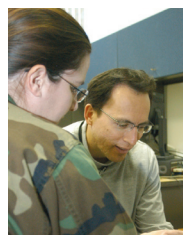
Capt. Lew Harper, 20th Air Force Missile Standardization, Evaluation and Training Assessment team, and Capt. Rickie Banister, 90th Operations Support Squadron, observe 1st Lts. Sarah Glas and Bob Evans, both from the 321st Missile Squadron, during their inspection at the 90th Operations Group Wednesday.

Photo by Airman 1st Class Tessa Cubbon

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Commentary

Is your friend worth keeping?

Brian Hoffund

90th Medical Operations Squadron

When asked why giving up tobacco is such a monumental task, individuals who return to tobacco cessation programs for another attempt often use the common excuse that tobacco is their friend. Worrying about what would take the place of smoking or chewing emotionally, clients tell me that the danger of losing a friend was more threatening to them than the dangers of using tobacco. I will share with you the facts about tobacco and you can assess for yourself what this friend is worth to you. For the sake of keeping it real, I will call this friend Toby.

Toby will spend all of your basic subsistence allowance each month - he will cost you more than \$1,000 a year depending on how much time you spend with him. Often, he won't think twice about taking your last dollar at the detriment of necessities like food, laundry money or even mounting bills you haven't paid. And since your relationship with Toby is so strong, he has convinced you that it is OK to miss important events or good meals because he really is not welcome by others. In fact, others think he is so vulgar and stinks so bad that a law was passed to deny him service in most establishments. But you love Toby so much you are not only willing to give up a lot of things, you are willing to stand out in the rain or in the middle of a snowstorm for him.

You used to play with your children, but because Toby has such a strong grip on you, you are only able to watch your children play in the backyard these days instead of participating in their activities. While your children long for you to partake in their joy, Toby just blows more smoke in your face, puts more toxins in your body and tells you that you don't like to do those activities anyway. Besides, his toxins are binding to your red blood cells making it impossible for your body to get enough oxygen to breathe deeply enough for these activities.

He is now able to control your every-

day thoughts. Will Toby be around all day or will I have to pick him up again later -- like in the middle of the night or in the freezing cold? But since Toby now influences all the decisions you make, you are willing to do what he tells you.

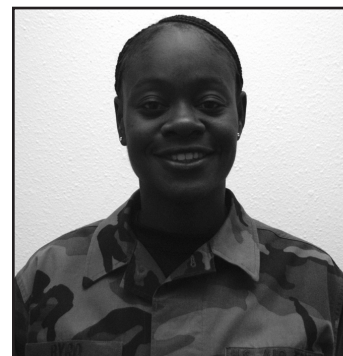
There is nothing more important to the Air Force than healthy Airmen. But your friend, Toby, will make sure you are never fit enough to reach the excellent category on your fitness test. In fact, the marginal and poor categories are the only ones good enough for him. What you do not know is Toby is disgusted at the thought of you achieving excellence in any health categories and living a long healthy life. In fact, while Toby is a friend to you and many of your colleagues, he is an enemy and a huge burden to the Air Force. He will make sure he continues to cost the Air Force nearly \$107 million each year to take care of his handiwork. Toby knows his power and the power of his influence -- his greatest achievement is being responsible for more deaths each year in the United States than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes and fires -- combined.

But you love Toby. Never mind he will make you more vulnerable to colds, flu and injuries. Never mind he will greatly increase your chances for heart disease, diabetes, bronchitis and make you 12

Smoking, Page 3

Street Talk

The Warren Sentinel asked Warren members, "Have you given up your New Year's resolution or are you still going strong?"



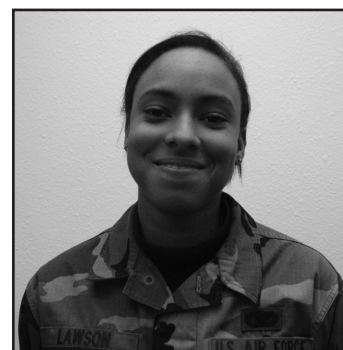
"I've been working on mine: not procrastinating as much."

- Airman 1st Class Demetrice Byrd, 90th Medical Support Squadron



"My resolution was to be more responsible with alcohol and I haven't given up yet."

- Airman 1st Class Matt Fields, 37th Helicopter Squadron



"Mine was to have a better overall standard of living and I am doing very well."

- Airman Lamikia Lawson, 90th Missile Security Forces Squadron



"My resolution is working; mine is to be more financially responsible."

- Airman 1st Class Marcus Vires, 790th Missile Security Forces Squadron

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The nation celebrates MLK Jr. Day

Is the message of Martin Luther King Jr. relevant today?

Tinisha Agramonte
U.S. Air Force Academy Equal Opportunity Office

U.S. AIR FORCE ACADEMY, Colo. - January marks the start of the New Year as well as the celebration of Martin Luther King Jr. Day.

Monday we recognized the ever-changing demographics in our country, schools and work areas. These changes have influenced the way we relate to one another and how we do business.

In recent years, managing diversity has become a business imperative. Senior Air Force leaders have stated that the service's capability to function as a team and accomplish its mission depends on respecting diversity.

Brig. Gen. Dana H. Born, Academy Dean of the faculty, supported the same view during a recent symposium at the Women in Military Service for America Memorial.

"Without integrity and mutual respect, we simply aren't a team," General Born said. "And that's the heart of our philosophy of officer development at the Academy and

Airmen development in our Air Force doctrine."

The Rev. King espoused the message of diversity management before the term became widely used. His work, words and legacy embody not only diversity principles, but also the Air Force core values.

He spoke of the three major pillars that form the foundation for diversity management - the legal case, the moral case and the business case. When advocating legal rights and equitable treatment through various marches, protests and boycotts, he didn't champion one racial, religious, age or gender group, but rather all people.

He said, "I have a dream: that one day this nation will rise up and live out the true meaning of its creed - we hold these truths to be self-evident that all men are created equal."

His actions led to laws that protect the rights of all and in doing so, benefit others. Many people are thankful they are able to maneuver strollers and luggage on curbs and ramps created by law to allow equal accessibility to those

in wheelchairs.

He dreamed of a time when people would feel compelled morally to treat people equitably:

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

He demonstrated the adverse economical consequences businesses can suffer when inequities are permitted; the Montgomery bus boycott crippled that city's and Alabama's economy as a whole.

More pertinent to Airmen are the relation of his words to the Air Force core values.

Integrity First - "Cowardice asks the question - is it safe? Expediency asks the question - is it politic? Vanity asks the question - is it popular? But conscience asks the question - is it right? And there comes a time when one must take a position that is neither safe, nor politic, nor popular; but one must take it because it is right."

Service Before Self - "Life's most persistent and urgent question is: 'What are you doing for others?'"

Excellence in All We Do - "Everyone can be great, because everyone can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

His work has left an indelible mark on America's history. However, his story is not the only one.

The purpose of ethnic observances is to shed light and celebrate the accomplishments and contributions of a diverse group of Americans who helped shape America -- not to illicit pity for one group, while discounting another. The Air Force's ability to maintain air and space dominance will rely heavily on its ability to recruit and retain the best and the brightest.

That ability is enhanced when people perceive that equitable treatment, human dignity and respect extend to all. The stories shared and lessons learned from those who exhibit the core values we strive to live by, make the observances relevant and serve as reminders of what is required to achieve mission success.

Smoking, From Page 2

times more susceptible to lung cancer. He is your friend, right? But sadly for you, Toby's ultimate goal is not to have your friendship. He wants you - he will make sure if any of the above does not happen to you, you will be lucky enough to get the ultimate smoking related disease: emphysema. He knows for sure he can have you all to himself - because at that point, all your other

friends will abandon you, your Air Force career will be over and all forms of activities will cease. He will indeed have you all to himself and he will be tickled to death to hear you tell him what a great friend he has been.

Still think Toby is a friend worth keeping? Do you know if you keep your relationship with him, you have a 50/50 chance of losing, on the average,

14 years from your lifetime? What this amounts to is you giving up 5,000 sunrises with your family in exchange for this one friend. Do you still think the danger of losing this friend would be more threatening to you than the dangers of using tobacco? Does this friendship sound like it is worth more than your quality of life, more than your family and more than your career?

Research shows the average tobacco user will attempt to abandon his or her friend seven times before achieving success in saying goodbye to him forever. The good news is that you do not have to settle for a nasty friend like Toby. The Air Force Health and Wellness Centers can help. Research shows with the help of cessation medications like the patch or gum and the

help of counseling, you are doubling your chances to be successful. With free cessation medications and group counseling available on every military treatment facility, you can more than double your chances of telling Toby he is no longer welcome and that there are more important things in life for you.

For more information on quitting smoking, call the HAWC at 773-4292.

Avoid gaps in TRICARE Prime coverage

Retirees, new enrollees follow the '20th of the Month Rule'

TriWest Healthcare Alliance

As his retirement date on the first of the month drew closer, Chief Petty Officer Matt Jefferson counted the days. He's glad his wife Judy did, too.

She circled the 20th of the current month on the calendar with a reminder to enroll the family for Tricare Prime health care coverage as retirees on or before that date.

"If I hadn't remembered to renew our coverage, we would have been without Prime coverage when I hurt my leg falling off the kitchen stool," said Mrs. Jefferson. "Although we still could have used Tricare Standard or Extra, we would have had to pay more out of pocket."

Individuals who've been in the Tricare system for any length of time may have heard of the "20th of the month rule" without really understanding what it means.

Tricare's "20th of the month rule" is designed to prevent a servicemember's Tricare Prime health care coverage from being interrupted, whether the military member is enrolling for the first time or reenrolling in anticipation of retirement.

Tricare Prime coverage requires service members to complete and submit a Tricare Prime enrollment application (available on www.TriWest.com) and the appropriate enrollment fee. Under most circumstances, the servicemember must submit the form and the fee on or before the 20th of the current

month, so that Prime coverage will be effective on the first day of the following month.

For new enrollments, if TriWest Healthcare Alliance, the TRICARE West Region contractor, receives a new Prime enrollment application on or before the 20th day of the month, the servicemember and family will be enrolled in Prime effective the first day of the following month. If the enrollment form and fee are received after the 20th of the month, Prime enrollment will not be effective until the first day of the second month after application is received.

For example, if the application and fee are received by TriWest on or before Feb. 20, the servicemember's Prime enrollment will have an effective date of March 1. If the application is received on Feb. 21 or later, that enrollment will not begin until April 1.

If an active duty servicemember's date of retirement falls on the first of the month (as it does for most), and he chooses to reenroll in Prime and returns the completed enrollment form and fee to TriWest on or before the 20th of the month preceding the retirement date, Prime coverage will begin on the first. This will help ensure continuous, no-lapse coverage for the retiree and his or her family.

If the retirement date does not fall on the first of the month, the Prime enrollment application and fee must be submitted within 30 days before the beneficiary's retire-



ment date. That way the effective enrollment date will be the retirement date, and there will be no break in coverage.

Retiring servicemembers must update Defense Enrollment Eligibility Reporting System Records

Before reenrolling in Tricare Prime, soon-to-retire servicemembers also must update their records in DEERS to reflect the change in status and any planned change of address or other information. Status changes reflecting retirement must be done in person, by visiting the military personnel office or ID-card-issuing facility, so that new ID cards can be issued. Address changes

can be made:

- online at <http://www.tricare.osd.mil/DEERS/default.cfm> or directly to the DMDC Web site at <https://www.dmdc.osd.mil/appj/address/index.jsp>;

- by fax at 1-831-655-8317; or
- by mail at:
Defense Manpower Data Center

Support Office
ATTN: COA
400 Gigling Road
Seaside, CA 93955-6771

For more TRICARE program information, visit www.tricare.osd.mil or www.triwest.com or call 1-888-TRIWEST.

Warren Tax Center opens; new tax rules apply

Basil Heise

Warren Tax Center

The base tax center, a free service to active duty members and their immediate families, opened Monday and is scheduled to remain operational through April 17.

Volunteers are available to assist members with basic tax returns weekdays from 8 a.m. to noon and 1 to 4 p.m. in Building 1200.

There are also a number of IRS forms and publications available.

As in every year, there have been major changes

to the tax laws. One change that affects many military members deals with the definition of a qualifying child as it pertains to Dependency Exemptions, Head of Household status, Earned Income Credit, Child Tax Credit and Credit for Child and Dependent Care Credit. In general, the child must meet all four of the following qualifications. The first is the relationship test. The child must be the individual's, adopted or an eligible foster child as defined in the tax code as well as brother, sister, stepbrother, stepsister or

descendant of one of these relatives. The remaining three qualifications are the residency test, the age test, and the support test.

Another change is the limits on contributions to Individual Retirement Accounts. They have been raised to \$4,000 (\$4,500 for those reaching age fifty in 2005.) Because of the swing in gas prices last year, there are two different per mile standard mileage rates. The first rate goes from Jan. 1 to Aug. 31. The second rate is from Sept. 1 to Dec. 31. Business miles are 40.5 cents and 48.5 cents. Medical and moving

miles remain the same as last year at 15 cents and 22 cents. Charitable miles are 14 cents for all of 2005, except for Hurricane Katrina relief, which are 29 cents and 34 cents.

Other changes include an increase in personal exemption to \$3,200 and the standard deduction based on filing status and Earned Income Credit. For a more detailed list and explanation of these changes, go to www.irs.gov.

For more information or to make an appointment at the tax center, call 773-5829.

WARREN TAX CENTER

WHEN: 8 A.M. TO NOON, 1 TO 4 P.M., WEEKDAYS, NOW THROUGH APRIL 17
WHERE: BUILDING 1200
TO MAKE AN APPOINTMENT: CALL 773-5829

Briefs

Yellow Card

Retirees, retiree dependents and active duty dependents are required to show proof of other health insurance (also known as a Yellow Card) when visiting the medical clinic.

The 90th Medical Group asks for patience as they comply with Federal law. For more information on this program, contact Maj. Tyler Sanders at 773-5674 or Master Sgt. Dennis Hebert at 773-4373.

Facility Managers needed

The 90th Operations Group is seeking mission focused personnel with drive and self-initiative in the grades of staff to technical sergeant to serve as Missile Facility Managers, AFSC 8S000. Facility Managers are responsible for multimillion-dollar facility maintenance as well as the conduct of at least seven personnel on a daily basis. To find out more about this special-duty, controlled tour assignment, contact Master Sgt. Michael Whittaker at 773-4210.

FTAC NCOIC needed

A staff or technical sergeant is needed to fill the position of the First Term Airman Center NCOIC.

To apply for this position, submit a military resume, last five EPRs, a copy of your recent fitness test score sheet and an approval/release letter signed by your commander to Senior Master Sgt. Yvonne Miller, 90th Mission Support Squadron Career Assistance Advisor, Building 243, 773-6668, by Feb. 1. Applicants may also submit letters of recommendation.

The individual selected for this position will report to FTAC on April 3. For more information, contact Maj. Dan Knight, 90 MSS Commander at 773-3308.

Red lights in housing

In order to alert the housing office of potential problems, all vacant housing units on base have been equipped with red lights. When a unit's temperature drops below 60 degrees the red light turns on.

During duty hours, the lights are watched by 90th Civil Engineer Squadron personnel. Others may report red lights on any time to the maintenance office at 637-6102.



Courtesy photo

A HOLY VISIT

Chaplain (Maj. Gen.) Charles Baldwin, Air Force Chief of Chaplains, is briefed by 1st Lt. Dan Vorenkamp and members of the 90th Missile Security Forces Squadron as they conduct MSET Focus Day training on launch facility strike procedures Jan. 11. Chaplain Baldwin led Warren's National Prayer Luncheon the same day.

Pondering leaving active duty?

Consider the Air Force Reserve: Another way to serve

Master Sgt. Bill Fountas
90th Mission Support Squadron

The Air Force Reserve has opportunities virtually anywhere in the country and various locations overseas for servicemembers separating from active duty.

In the reserve, two types of programs are available for servicemembers. The first, Individual Mobilization Augmentee, is a flexible program. The member chooses what days to work, with typical participation being 24 days a year. The second way to participate in the reserves is with a unit, more commonly known as a traditional reservist. The member participates one weekend a month and two weeks a year over the summer for a total participation of 39 days a year. Cross training and bonuses are available.

The benefits of the Air Force Reserve are similar to those of active

duty members to include: monthly pay dates, keeping rank, medical benefits (while participating), life insurance, dental programs for members and dependants, a guaranteed retirement plan, educational benefits, and the reserve assignment can be in one's home state.

Those considering separation before the members active duty service commitment ends, may attend the Palace Chase briefing. Palace Chase is a program that allows servicemembers to voluntarily transfer from active military service to the Air Force Reserve. The member's active duty service commitment or term of enlistment may be waived, for approved applicants, in exchange for the member's agreement to participate in a selected reserve program.

Briefings are given 9 a.m. Tuesdays at 7100 Saber Road (military

personnel flight).

For more information, contact Master Sgt. Bill Fountas at 773-1983.

PALACE CHASE
BRIEFINGS

WHEN: 9 A.M.
TUESDAYS

WHERE: 7100 SABER
ROAD

MORE INFO: MASTER
SGT BILL FOUNTAS,
773-1983.

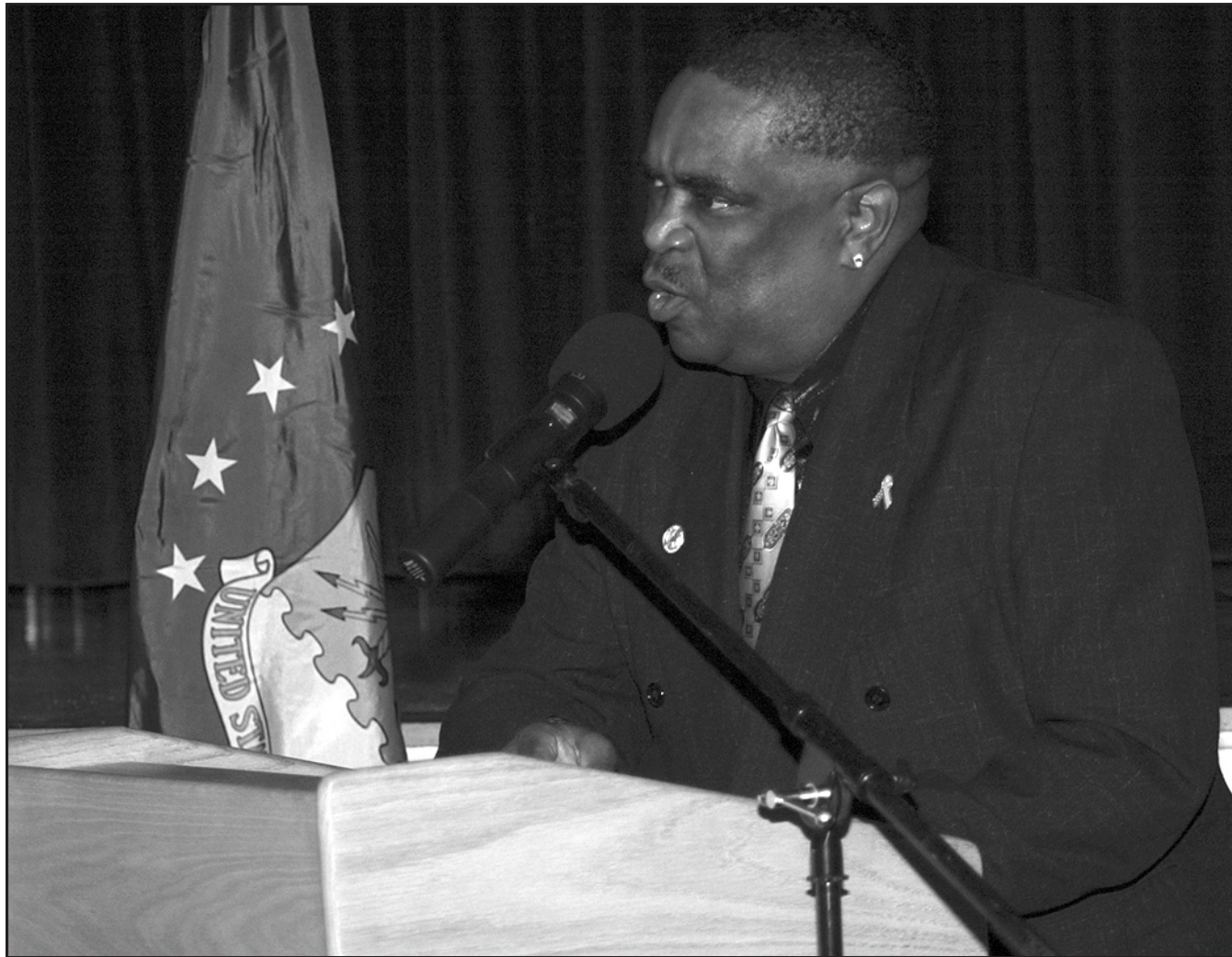


Photo by Airman 1st Class Tessa Cubbon

MLK LUNCHEON

Thomas Randolph, President of the Cheyenne branch of the National Association for the Advancement of Colored People, speaks to an audience during the Martin Luther King Jr. Luncheon at the Pronghorn Center here Jan. 12. President Ronald Reagan signed the King Holiday Bill establishing the third Monday in January as the Martin Luther King Jr. National Holiday on Nov. 3, 1983, beginning in 1986, according to The King Center.

Keep your New Year's resolution

Defense Commissary Agency unveils "It's Your Choice, Make it Healthy" campaign

Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. - Two New Year's resolutions usually found on everyone's list are "lose weight" and "eat healthy," but keeping them is the hard part. This year, adding a resolution to shop more at the commissary might help as the Defense Commissary Agency debuts a series of shelf signs featuring dietary tips. The signs are part of the ongoing "It's Your Choice, Make it Healthy" campaign.

"We want to be the nutritional leader of the military community," said Patrick B. Nixon, Chief Executive Officer and Acting Director of DeCA. "Commissaries offer health and wellness products, fresh produce, lean meats and much more - all at cost. And, one of the best ways to lose weight and eat healthy is to know what's in the products you're buying. You can't always do that in restaurants or the fast food drive-thru, but you can do it by reading labels at the commissary."

The dietary tips, based on the new "Dietary Guidelines for Americans" from the U.S. departments of Agriculture and Health and Human Services, are located where customers will find pizza and frozen entrees, juice, dairy, canned vegetables and fruits, oils and fats, cereals, bread, pasta, rice, canned meats, snack foods and dairy. A generic tip tells customers what "daily value" means on product labels.

"We're not trying to tell people what is good or bad for them," Mr. Nixon said. "We're just offering some 'food for thought' while they shop. Since we are very concerned about food safety, customers will also see tips on food handling, preparation and storage."

DeCA collaborated on the shelf signs with a Defense Department weight management integrated project team of dietitians, including representatives from the Navy Bureau of Medicine and Surgery, Navy Environmental Health Center, the Air Force Medical Service and the U.S. Army Center for Health Promotion and Preventative Medicine. The signs are a model for the grocery industry.

"It's Your Choice, Make it Healthy" ties in with TRICARE's "Healthy Choices for Life," an awareness campaign addressing three major health problems identified by DoD.

"Tobacco, alcohol and obesity-related issues are leading causes of preventable death in the United States," said Dr. William Winkenwerder Jr., Assistant Secretary of Defense for Health Affairs. "Preventing these unhealthy behaviors is critical to the readiness of our forces and the health of our nation as a whole."

DeCA's partnership with TRICARE and the medical and nutrition community is intended to encourage military families to think more about using their commissary as a resource to help win the battle of the bulge.

"Commissaries and medical ben-



Photo by Airman 1st Class Tessa Cubbon

Robert Forsythe, a military veteran, shops for fresh fruit at the Warren Commissary Jan. 6. The commissary has unveiled a campaign to help military members become or stay healthy.

efits are consistently listed as the top military benefits," Mr. Nixon said. "Since we serve the same customer base, it makes sense to partner in our outreach efforts, both as an agency - and at the installation level."

DeCA is encouraging store directors at all 268 commissaries worldwide to partner with health and wellness professionals for commissary tours and health and wellness events, particularly during National Nutrition Month in March and Commissary Awareness Month in May.

"The shelf signs will make ideal tour stops," Mr. Nixon said.

"We have banners [up in the store] advertising the campaign," said Kathy Beatty, Warren's Commissary Director.

The signs, which include yellow

and green banners and shelf toppers, have been posted in the store since Jan. 2 and show customers which foods are good for them.

"I think it's great! It tells the customer what is a better choice for them," Ms. Beatty said.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices - savings worth about \$2,700 annually for a family of four.

Top 3 encourages Airmen to honor veterans

Monthly trip to VA Hospital designed to do just that

**Airman 1st Class
Connor Elayan**
90th Space Wing
Public Affairs

They have served this country and fought for its freedom.

They tell war stories about times and situations that we could never comprehend.

Their bravery and dedication to our country transcends the years.

They are the nation's heroes.

Honoring and supporting the nation's veterans is the responsibility of every military member.

The Warren Top 3 hosts a visit to the Cheyenne Veteran's Association Hospital the second Tuesday of each month to do just that.

Warren members of all ranks visit Cheyenne veterans to play board games, do puzzles or to simply listen.

"Our time is valuable to them," said Senior Master Sgt. Michael Lemke, 90th Contracting Squadron First Sergeant and interim point of contact for the event. "It is important for them to see that we still care about the things they do for us."

The veterans in the extended care unit look forward to visiting monthly with military members.

"It's interesting to see other military people," said Marvin Woolington, a resident at the VA Hospital who tells many stories about occupying Japan in the 1940s.

About 10 to 20 Warren members volunteer monthly at the VA Hospital and during the most recent visit, Jan. 12, many first time volunteers provided their support.

"I like speaking with veterans, said Master Sgt. Brian Gable, 90th Operations Support Squadron, and first time volunteer at the VA Hospital. "It gives us a little insight into what they have experienced."

"People aging need companions and people to talk to," said 1st Lt. April Campbell, 90 OSS. "If I was in the same place, I would want people to do the same for me."

"I THINK IT IS A WIN-WIN SITUATION FOR BOTH THE MILITARY MEMBERS AND THE VETERANS. IT COGNITIVELY STIMULATES THE VETERANS AND INSTANT FRIENDSHIPS TRANSPIRE."

- NAN GILE, VA HOSPITAL RECREATION ASSISTANT

While the veterans benefit greatly from the visits, the military members who participate also gain from the experience.

"I think it is a win-win situation for both the military members and the veterans. It cognitively stimulates the veterans and instant friendships transpire," said Nan Gile, VA Hospital Recreation Assistant.

Senior Airman Ryan Stark, 90th Logistics Readiness Squadron and first time volunteer at this event, said he enjoyed his first visit to the Cheyenne VA Hospital.

"I really think they enjoy hearing about what I do today as much as I enjoy hearing about what they did in their day," said Airman Stark. "I think it is important for all of us to hear and know what these men and women did for us before we were even old enough to thank them."

The visits also improve the quality of life for the veterans residing in the extended care unit.

"It's about the camaraderie, the getting together and the veteran's getting to tell their story," said Ms. Gile. "It really boosts morale."

The Warren Top 3 encourages military members of all ranks to participate in this monthly event, said Sergeant Lemke.

For more information on volunteering the second Thursday of each month at the VA Hospital, contact Sergeant Lemke at 773-2947 until April and Senior Master Sgt. Bruce Ayers at 773-5252 after April.



Photos by Airman 1st Class Tessa Cubbon

Russell Sabo chats with Senior Airman Ryan Stark, 90th Logistics Readiness Squadron during a volunteer visit Jan. 12 sponsored by Warren's Top 3. All members, regardless of rank, are invited to participate.



Staff Sgt. Charles Branum, 90th Logistics Readiness Squadron, listens as Don Crawford recounts his military experience at the Veteran's Association Hospital Jan. 12 during a visit sponsored by Warren's Top 3.

Life skills helps Airmen stay mission ready

No career impact for 97 percent of self-referred patients

**Airman 1st Class
Brandy Holcepl**
90th Space Wing Public Affairs

The Life Skills Support Center at Warren helps active duty military members and their families solve problems and get back on their feet.

Life skills provides services for those who are having any type of stress, situational or work-related problems.

"We provide mental health services to active duty members and their families in the local area from general, low-level situational stress, to serious mental illnesses," said Capt. Ebon Alley, Family Advocacy Program Manager and Alcohol and Drug Abuse Prevention and Treatment Program Manager for life skills.

Life skills offers three programs to help people improve their mental health: the Family Advocacy Program, which handles the prevention and treatment of family violence, ADAPT, a program that helps with the prevention and treat-

ment of alcohol and drug abuse related problems, and the Life Skills Program, which deals with general mental health issues.

"We provide these programs so that we can help Airmen do their jobs and be mission ready," said Glenn Garcia, Family Advocacy Outreach Manager for life skills.

The Family Advocacy Program helps Airmen by offering treatment of family violence, couples classes and parenting classes. Family violence treatment is offered to married couples, couples that are dating or engaged or those who have children together, and includes treatment for physical, emotional and sexual abuse and neglect. Couples classes include communication and stress management classes to help couples get along better. Parenting classes includes a new fathers class, a mom-to-mom support group and a new parents support program.

The ADAPT program offers awareness classes, evaluations and general help with alcohol or drug problems to active duty members and to members who witnessed an alcohol or drug related incident.

Most patients come out of life skills with positive results, said Mr. Garcia.

The classes are provided to give information that will help prevent issues from becoming so overwhelming that service members turn to unhealthy methods of handling problems and in turn get into trouble, said Mr. Garcia.

Life skills is designed to help servicemembers and, most of the time, will not have an impact the member's career. Their job is to help Airmen, not kick them out of the Air Force, said Mr. Garcia.

Statistics show that 97 percent of people who came into life skills voluntarily said that there was no impact on their career, he said.

Even if the member is on the Personnel Reliability Program, they can still seek help at life skills.

Those who are on PRP may see an affect on their PRP status, said Captain Alley, but it is for a short time only, no more than 30 days, so that the staff



Photo by Airman 1st Class Brandy Holcepl

Glenn Garcia counsils a Warren member Tuesday at the Life Skills Support Center here. Mr. Garcia is a Family Advocacy Outreach Manager.

and the person involved can work out the problem and get them back on the job problem-free.

Life skills has qualified and skilled professionals on their staff to help members with all of their mental health needs.

"We have 12 employees here," said Captain Alley. "We have a psychiatrist who can prescribe medications and is a medical doctor, we have a psychologist who does general counseling and standardized tests, we have social workers who deal with general counseling and we also have techs who help us," he said.

The staff keeps all patient information confidential, just like any other medical facility.

"We can't share information with supervisors or commanders

even if they call and ask for it," said Captain Alley.

Ninety percent of those who came in voluntarily said they were happy with the confidentiality they had, said Mr. Garcia.

"We are here to listen," said Mr. Garcia. "And the sooner people come and talk to us the sooner the problem will be easier to handle."

Dealing with problems can be hard, but knowing the correct information and what options are available can help people that are having problems, no matter how big or small, make informed decisions to get them back on track. The sooner servicemembers get back on track, the sooner they can feel better, be back at work and be mission ready.

**WARREN'S LIFE
SKILLS SUPPORT
CENTER IS LOCATED
ON THE EAST SIDE
OF THE MEDICAL
CLINIC AND HAS
A SEPARATE
ENTRANCE
FOR PRIVACY.
FOR MORE
INFORMATION,
CALL LIFE SKILLS
AT 773-2998 OR
CAPT. EBON ALLEY
AT 773-6280**

Air Force makes changes to BAH policy

Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON - Beginning this month, the Air Force and the other military services eliminated geographic rate protection for the basic allowance for housing.

Over the last five years, geographic rate protection meant BAH rates around military communities could never drop, even when estimates for median housing costs in an area suggested they should.

Under the current system, new arrivals at an installation would receive the protected BAH rate, even if housing rates in the area had dropped and adequate housing was available for them at a lower cost.

In 2006, BAH rates will fluctuate yearly based on housing cost estimates made from data collected regionally by military housing offices. The budget-conscious move by the Department of Defense is designed to save money at a time when resources are tight.

Under the new system, people who remain in an area will never see a lowering of their individual BAH rate. That policy, called individual rate protection, is designed to ensure Airmen and other military members who have already established homes aren't faced with a cut in their BAH rate.

Individual rate protection ensures Airmen will always receive ample funding to remain in the homes they have established, and at the same time provides DoD a common-sense way to fund that allowance.

But the policy will create situa-

"THE NEW BAH PROGRAM WILL ALWAYS ALLOW YOU TO AFFORD ADEQUATE HOUSING FOR YOUR GRADE AND DEPENDENCY STATUS IN THE CURRENT MARKET."

**- CAPT. CHARLES PARADA
CHIEF OF AIR FORCE BAH PROGRAM**

tions where two military members of the same rank and with the same dependent status may receive different BAH rates. Individual rate protection allows in-place members to keep their BAH rate for a region while BAH rates in the area may fall. So a newcomer can get the same quality of housing at a lower cost.

"When you signed your lease, you were locked into a rate in a housing market that had a higher cost, on average," said Capt. Charles Parada, Chief of the Air Force's basic allowance for housing program. "But a newcomer could face a lower-cost market."

Captain Parada says whatever BAH rate a member receives at a new duty station will be fair.

"The new BAH program will always allow you to afford adequate housing for your grade and dependency status in the current market," he said.

Captain Parada also said that all members in a region are entitled to increases in the BAH rate as they occur.

Besides changes to rate protection,

there are two additional changes to BAH coming for the Air Force and other services in 2006. The first is the elimination of the BAH differential for members living off base. The second is a change to in-transit BAH rates for new Airmen.

The BAH differential is a flat rate, based on grade, paid to members who are paying court-ordered child support. In 2006, the differential will no longer exist for members residing off base. Instead, they will receive the BAH with-dependents rate, even if they have no dependents in their home. Because the BAH with-dependents rate fluctuates region to region, some members in low-cost housing markets may receive less money than they had with the flat-rate BAH differential, though the situation occurs in few areas, Captain Parada said.

The BAH differential rate will also be eliminated outside the United States. But there, members receive an overseas housing allowance, or OHA, instead of the Stateside BAH. Like in the United States, with the elimination of the

BAH differential, members overseas residing off base will begin receiving the OHA with-dependent rate. But unlike in the United States, overseas members do not always receive the full OHA. Instead, they receive only that amount they spend on rent.

Captain Parada said the move was the best possible solution found by DoD to provide the best benefit to the most members.

"All four services had to come to an agreement on these issues, to find a solution most equitable for the most members," he said. "This was the best solution to benefit most members."

Under the new plan for BAH differential, members entitled to the differential will continue to receive it if they live in government quarters.

A final change to military BAH policy involves new military members who are traveling from their initial training location to their first duty station.

When new accessions to the Air Force travel from their initial training location to their first duty station, they are said to be "in transit." Most new Airmen who are single receive the BAH II rate, commonly called "BAH in transit." Like the BAH differential, BAH II is a flat rate, tied only to a member's rank.

Captain Parada said that under the new policy, new members with dependents continue to be entitled to full BAH.

Members with questions on BAH payments should visit: <https://secur eapp2.hqda.pentagon.mil/perdiem>. The 90th Comptroller Squadron can also answer any questions regarding BAH for individuals at Warren.

Money matters: Part 2

Being smart when it comes to banking pays off

90th Space Wing Legal Office

Most people need to have a checking or savings account. Being responsible with that account can pay off, however, irresponsibility can cost one dearly.

When banking, keep in mind that money held in a bank by consumers earns the bank money. Be an informed consumer. Be sure the bank is offering a fair agreement. Ask the bank questions and make sure money is kept in the right account.

The following are some of the questions to ask before opening an account with a bank:

- How does the account compare with competitor's accounts?
- Is there a minimum balance on the account?
- Can interest be earned on the account?
- Is there a charge for monthly service or for check processing?
- Is there a fee to use the automated teller machine or to get a banking agent's assistance by phone?

• Are canceled checks returned or kept at the bank?

• How does the overdraft protection policy work?

• Under what circumstances can the bank close an account?

• How does the bank protect privacy?

Get all of the policies in writing before opening an account.

Any policy one does not understand or that is at the sole discretion of the banking institution makes one extremely vulnerable to civil and criminal consequences. Watch out for vague overdraft protection policies.

Another issue to be aware of when banking is check bouncing. This occurs when a check is written for more than the amount of money an individual has in a checking account. Bouncing a check is dangerous financially and legally. First, the person or business for which the check was written can charge a large fee. Second, the bank can charge a fee. Third, this can result in a negative credit rating. And finally, one could face criminal

charges.

In accordance with the Uniformed Code of Military Justice, all military members must honor commitments, which include financial obligations. Writing bad checks can qualify as criminal conduct. Commanders have the right to bring charges against those who fail to honor their financial commitments under Articles 123a and 134 of the UCMJ.

The UCMJ prohibits:

- Procuring or making payment by check with intent to defraud;
- Dishonorably failing to maintain sufficient funds to cover checks;
- Making or delivering a check knowing that sufficient funds did not exist.

Be proactive financially, research all options, take advantage of the resources available and make sound financial decisions. Do not wait until finances cause personal and criminal problems. For more information, call the 90th Space Wing Legal office at 773-2256. (This is the second installment of a three-part series)

QUESTIONS TO ASK BEFORE OPENING AN ACCOUNT:

- IS THERE A MINIMUM BALANCE ON THE ACCOUNT?
- CAN INTEREST BE EARNED ON THE ACCOUNT?
- IS THERE A CHARGE FOR MONTHLY SERVICE OR FOR CHECK PROCESSING?
- IS THERE A FEE TO USE THE AUTOMATED TELLER MACHINE OR TO GET A BANKING AGENT'S ASSISTANCE BY PHONE?
- HOW DOES THE OVERDRAFT PROTECTION POLICY WORK?
- UNDER WHAT CIRCUMSTANCES CAN THE BANK CLOSE AN ACCOUNT?

It's only 20 feet, but it's vertical

Warren unveils rock climbing wall at community center

Capt. Nicole Walters
90th Space Wing Public Affairs

According to the American Safe Climbing Association, rock climbing in the United States began in the 19th century. In that day, climbers attempted to climb every peak they saw, beginning of course with the biggest and most spectacular.

Today, climbing is as easy as walking into Fall Hall, now Warren's Community Center. The 20 foot rock wall appears intimidating at first, but with the help of Staff Sgt. Daniel Penland, 90th Services Squadron Indoor Track NCOIC, climbing is fun, rewarding and a great workout.

"Climbing burns more calories than running," said Sergeant Penland. "You work muscles you didn't know you had."

Climbers can take a certification class for \$10. The class, which is several hours long, covers climbing, belaying (controlling the ropes for the climber) and safety.

"Belaying is very important," said Sergeant Penland. "The belayer holds the ropes, makes sure the climber doesn't have loose rope and stabilizes the climber should they fall."

After learning the proper knots to tie, the students are given the opportunity to scale the wall.

"Climbing gets harder as you go from one side of the wall to the other," explained Sergeant

Penland. "Sometimes people will get used to the wall, so we'll change the grips so it's a whole new experience for them."

There's even a section of the wall where the purpose is to go from left to right, not bottom to top. This allows the climber to maneuver without ropes and the risk of falling is reduced.

"It's fun," said Capt. Justin Tolliver, 90th Missile Operations Squadron Technical Engineering OIC, after he climbed the intermediate section of the wall. "It's a challenging sport."

"I wanted to do this as a new way to work out," said Senior Airman Reese Vaughan, 90th Communications Squadron Strategic Communications Maintenance. "It's a pretty good workout. I'll definitely use the training."

After attending the class, the students are qualified to assist their guests on the climbing wall.

After two hours, what seemed like a huge challenge turned into fun for the students. The biggest reward wasn't touching Fall Hall's ceiling; it was knowing you could.

Certification classes are scheduled from 1 to 4 p.m. the second and fourth Tuesday of every month. Members who cannot make the designated classes may reserve a time to be certified individually. For more information, call 773-3511, 773-2944 or 773-3326.

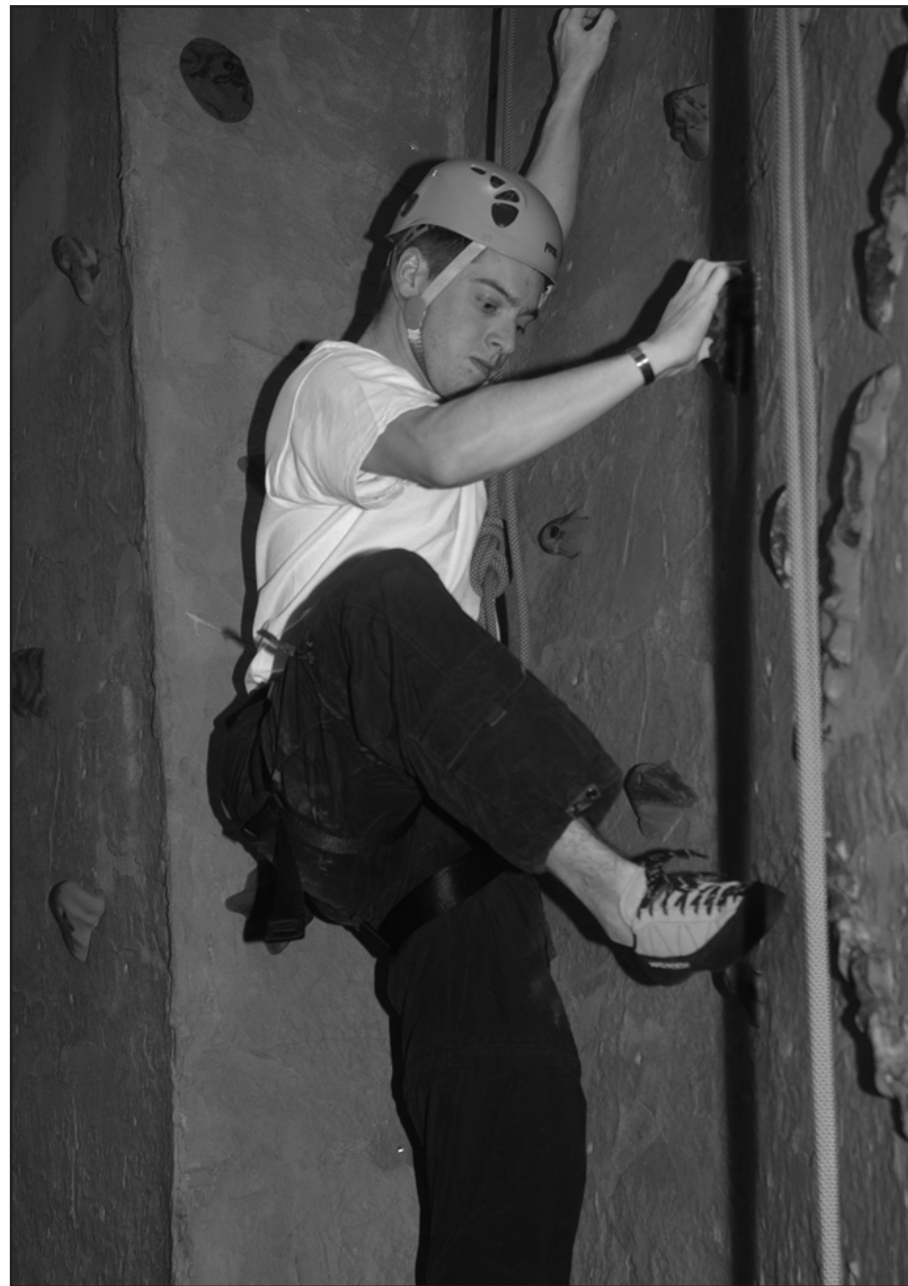


Photo by Capt. Nicole Walters

Capt. Justin Tolliver, 90th Missile Operations Squadron Technical Engineering OIC, climbs on Warren's new rock climbing wall at the community center Jan. 10.



Airman credits mom with success

Says biggest honor was a letter his flight chief wrote to her about him

Senior Airman Jason Hamm, 90th Missile Security Forces Squadron, recently sat down with Airman 1st Class Tessa Cubbon, 90th Space Wing Public Affairs, to talk about making Senior Airman Below the Zone, being a good citizen and why his mother is his hero.

How did you become a missile cop?

I didn't ask to be a cop. It was one of the options that was given to me. I actually wanted to come in to be a psychologist. Obviously I didn't have all the school I needed, and the Air Force said "Look, get your degree and you can be an officer, and that's when you can be a psychologist."

What's your favorite part about being a missile cop?

The best part of my job is teaching people a skill that's not job related, because when it comes to your job, anyone can learn a skill. A 2-year-old can learn the skill that you have. All it takes is the potential to learn it, but when you're around different people to teach you that skill, you kind of get a little more than the job from that person. In essence you're either teaching them to be a better person for themselves or you're building on attributes that they started with. I guess being a role model is one of my favorite parts of the job.

Did you do a lot of volunteer work?

Yes, I did a lot of volunteer work when I was down from PRP. I worked all the time in Dorm Escape. Cheyenne is a very beautiful place and my church - they have a lot of very beautiful people there and they are a very involved community. A lot of my volunteer work came from my church because they do things with LCCC

(Laramie County Community College), the students at the high schools and the students at the elementary schools.

They had this thing called Teen Speak where you speak out on how to be a good citizen, but it's really not just that. It's all around how to be a good person, how to be better in school and how to be better in your job.

I understand you made Senior Airman Below the Zone. Would you consider that the biggest honor you've ever had?

I wouldn't say BTZ was my biggest honor. Anyone can get that. I'm serious! If you work hard, you can get it.

The biggest honor I've ever had was when a flight chief of mine wrote a letter home to my momma explaining to her what a good troop I was. When I was reading it, I said, "You make me sound like Superman. I'm not," and he said "That's what I think of you. This is what I want your mother to have, and I want her to see what type of a son she has raised."

That was the greatest thing anyone in the military has done. The biggest honor I could get. I've still got that letter in a frame as if it was an award.

What's your favorite part about Warren?

The best thing about Warren is the people. Because working with all kinds of different people brings out who you are. They really push out your real attributes. And the camaraderie is great. It's truly there.

Do you plan on staying in the military?

When I first joined I wanted to [stay] 20 years. It's too early in my career to make that decision. I really want to be a psychologist. I will stay until whatever rank God allows, but



Photo by Airman 1st Class Tessa Cubbon

Senior Airman Jason Hamm, 90th Missile Security Forces Squadron, prepares his vest in Building 34 Jan. 18. Airman Hamm has 15 siblings - 14 brothers and one sister.

if that's not [his] will ... I'm not saying this is not where I want to be, but this is a stepping stone. This is a start to something great. Now if that's in the Air Force, blessed be to God; if that's in the civilian world, blessed be to God, but my heart wants me to be successful in whatever I'm doing.

Who is your hero?

My hero is my mother. She has 16 children. I'm the third child. Throughout living with my mother, she showed me to never give up. You read in the paper about [people] who can't even take care of one child - when my mother had 16. None of them are on drugs. None of

them have ever been to jail, and they are all at her house, under her guidance. No one is helping her raise them. Many nights I've seen her cry, many nights I've seen her almost give up, but when the morning came, she was our mother. I don't care what anyone else says, I give her A's across the board because she could have given up on us. She didn't. She's still our mother and that's nothing but the grace of God. It would have to take the grace of God to raise 16 boys and when I look at her, I say, "You know what Momma? You make me want to be so great." She was the greatest mother to me.

She should have got BTZ.

SnoFest 2006

SnoFest, the military snow sports weekend, is scheduled for Jan. 27 to 29 in Keystone, Colo. Tickets are on sale now at outdoor recreation. Prices are as follows: lift tickets are \$34 for adults and \$22 for children ages 5 to 12. A season pass costs \$129 for adults and \$79 for children ages 5 to 12. Tickets for the SnoFest parties cost \$13. Resort lodging starts at \$100. To book, call 1-800-258-0437, mention Warren Air Force Base and use the code GV7FEST. For off-resort lodging, call 719-333-7367. ODR is offering discount ski rental and transportation.

For more information, call 773-2988.

Ski Breckenridge

Outdoor recreation is hosting a ski trip to Breckenridge Saturday. The trip is scheduled to depart at 5:30 a.m. and return approximately 8 p.m. The cost is \$67 for adults and \$46 for children ages 5 to 12 and includes lift ticket, transportation and equipment.

For more information, call 773-2988.

Ski Jackson Hole

Outdoor recreation is hosting a ski trip to Jackson Hole, Wyo., Feb. 17 to 20. Jackson Hole has plenty of shopping opportunities, art galleries, restaurants, snowmobiling and elk refuge tours. The cost is \$195 per person (double occupancy) and includes transportation, ski or snowboard package and three nights lodging in downtown Jackson. Discounted lift tickets can be purchased for \$35 (active military ID cardholders only) at Teton Village ski area or \$51 for DoD, military dependent or military retiree ID cardholders from ODR.

For more information, call 773-2988.

Snowmobile adventure

Outdoor recreation is hosting a snowmobiling trip to Snowy Mountain Range Feb. 5. The cost is \$115 for each snowmobile driver, \$60 for adult riders, \$35 for child riders ages 10 to 16 and \$10 for children 9 and under. Snowmobile operators must be at least 16 to operate the machine alone. Helmets are included. The

trip is scheduled to depart ODR at 6:30 a.m. and return to base approximately 4 p.m.

For more information, call 773-2988.

New provider orientation

A free new child-care provider orientation class is scheduled for 9 a.m. to 5 p.m. Feb. 6, and 8 a.m. to 5 p.m. Feb. 10. All military spouses interested in providing child care are invited.

For more information or to register, call 773-3317.

Auto skills center special

Stall and lift fees are half price Tuesdays and Fridays during January at the auto skills center.

Call 773-3869 for an appointment.

Free lunchtime bowl

Bowl two free games, shoes included, 11 a.m. to 1 p.m. Mondays through Fridays at Warren Lanes when \$5 is spent at the snack bar.

Quarterly birthday meal

Meal card holders with birthdays October through December are invited to Chadwell Dining Facility 5 p.m. Monday for the quarterly birthday meal. Sign up by today with the cashier.

For more information, call 773-6172.

First Steps Basketball program

Registration for the First Steps Basketball program is scheduled now through Feb. 3 for kids ages 3 and 4 years old. The cost is \$25 per child and includes all practices and scrimmages, all equipment, team uniforms, NYSCA certified coaches and an end-of-season banquet.

This six-week program is designed to teach young kids the fundamentals of basketball. All instruction will take place at the youth gym on Wednesday nights from 6 to 7 p.m. starting the second week in February.

For more information, call 773-2564.

Airmen's all nighter

An Airmen's all nighter is scheduled from 6 p.m. to 6 a.m. Saturday at the Warren Community Center. Activities include karaoke contest, movies, pizza, beer, snacks, pool, dart and ping pong tournaments, three on three basketball and Madden Football. Sign up for tournaments by Wednesday. Admission is free. IDs will be checked at the door. Guests 18 and older are welcome.

For more information, call 773-3511.

Breakfast at the golf course

The Warren Golf Course is now offering breakfast Mondays through Fridays from 6:30 to 8:30 a.m.

For more information, call 773-3556.

Massage at the aquatic center

The aquatic center offers massages for \$45 per hour and \$25 per half hour.

For more information or to make an appointment, call 773-3195.



Photo by Capt. Nicole Walters

JUST A TOUCH OF PAINT

Ken Roark, Contractor, paints the inside of a window in the Trail's End Club Jan. 6. The club renovation, which includes installing new carpeting and refinishing walls, is scheduled to be completed Jan. 27.

Out-Processing made simple

Military personnel flight will implement Internet out-processing for PCSing members

2nd Lt. Derick Price
90th Mission Support Squadron

The 90th Mission Support Squadron's Military Personnel Flight is scheduled to begin online out-processing on Feb. 1.

PCSing members will be required to log on to the Air Force Personnel Center's Virtual Military Personnel Flight Web site to view and accomplish out-processing actions.

Instead of paper out-processing checklists, base organizations will now use the Virtual Out-Processing component of AFPC's Web site to ensure out-processing actions are on time. vOP is designed to allow members to out-process their unit and base agencies without actually having to physically visit each one, and can be accessed from both work and home computers.

vOP sends PCSing member and base agencies e-mails when tasks are due. Additionally, base agencies can elect to remove an item if not required. For example, when a member resides off base, the housing office will clear the member without a visit.

The vOP system is designed to be user friendly and will save time for both individual service members and base agencies. For more information on vOP, contact the MPF at 773-3143 or each unit's commander's support staff.

Airmen's All Nighter

Saturday, Jan. 21, 6 p.m. - 6 a.m.
Community Center

● **Tournaments: Pool, Darts, Ping Pong, Madden 06 and 3 on 3 Basketball**

Sign up sheets at the Community Center, Bldg. 151

● **Karaoke Contest**

● **Movies, Pizza, Beer, Snacks, DJ**

● **Free Admission** (Airmen's ID's checked at the door; guests ages 18 and older welcome!)

Call 773-3510 for more information.

